

Health And Physical Education at Alto Middle Years Program / IB Diploma Program

Introduction

The health and physical education (HPE) curriculum has been designed with the perspective that the knowledge and skills students develop during the program will assist them throughout their lives and allow them to develop and adapt in an ever-changing world. The goal is to use what they have learned to help them gain mental health and well-being, physical and health literacy, and also the comprehension, capacity, and commitment they will need to lead healthy, active lives and promote lifelong healthy, active living.

Middle Years Program

Grade 6 - HPE

Major Unit	Statement of Inquiry	Topics / Content
Team sports	Engaging in team sports also allows us to understand, develop and enhance the relationship between form, movement, and interaction with other participants.	<ul style="list-style-type: none"> • What are the functions of specific roles or positions in this sport? • How can team members communicate? • What makes an effective system of communication during game play?
Sport, culture, and community	How can sport serve as a platform to bring people together on a local, national and global scale?	<ul style="list-style-type: none"> • Can sport transcend cultural differences? • What is the significance of sport to a culture? • Is sport a shared culture?
Healthy A\active living - fitness	My health and fitness changes based on my lifestyle choices. Fitness serves to improve the body's functions, in particular, movement and energy.	<ul style="list-style-type: none"> • What do I have to pay attention to when working out? • Why is it important to work on my fitness? • Is it healthy for me to work out on a daily basis?

Grade 7 - HPE

Major Unit	Statement of Inquiry	Topics / Content
Team sports	Communicating in team sports helps us develop the relationship between form, movement and interaction with our peers.	<ul style="list-style-type: none"> • What are the functions of specific roles or positions in team games? • How can team members communicate? • What makes an effective system of communication during game play?
Planning for performance (martial arts routine)	Research and planning enable team members to work together to analyze, develop interconnected and responsive movement patterns, while refining technique to create & perform a routine.	<ul style="list-style-type: none"> • What are some of the different martial art disciplines? • How does working in a group contribute to the success of a final product? • Is it more important for a routine to be fun or effective?
Fitness	Planning and developing positive lifestyle choices enables us to achieve balance and change across the dimensions of health.	<ul style="list-style-type: none"> • What are the different areas of fitness? • Why is it important to develop all areas of fitness? • Are different areas of fitness more important to athletes in certain sports?

Grade 8 - HPE

Major Unit	Statement of Inquiry	Topics / Content
Team sports	A cooperative and balanced team requires the effective and collaborative functioning of all members	<ul style="list-style-type: none"> How do individuals contribute to their team? Why does a team need balance? How can you foster a "team" mentality? What is the most effective ways of collaborating as a team?
Mindfulness and movement	A balanced state of mind and body creates a positive impact on the control of movements.	<ul style="list-style-type: none"> How does the mind influence the body and how does the body influence the mind? How can balance between mind and body be created? What has more control over movement, the mind or the body?
Create a game of low organization (GLO)	Effectively choosing, adapting and communicating the rules of a game unifies understanding of the game's goals and roles.	<ul style="list-style-type: none"> What is the goal of the GLO? How can GLO's be used to encourage participation in health and fitness? Rules of a sport should never change?

Grade 9 - HPE

Major Unit	Statement of Inquiry	Topics / Content
Team sports	Team members must work together to develop interconnected, responsive movement patterns to maintain positional balance.	<ul style="list-style-type: none"> What physical skills are required to participate in a specific sport appropriately? Why do patterns of movement need to change even though the end goal remains the same? Why does a team need to work together to have balance?
Game creation	Using creativity to adapt games helps to understand form and function when developing new games.	<ul style="list-style-type: none"> Do games and sports have their own unique history? What is challenging about adapting or creating your own game? Does changing the rules always improve a game?
Teach a sport	Teaching and communicating the form and function of fundamental skills from a specific sport helps to deepen our own understanding of these skills.	<ul style="list-style-type: none"> What are the fundamental skills needed to introduce someone to a sport? Can you be introduced to a sport without learning the fundamental skills? Would two people teaching the same sport have choose different fundamental skills to introduce?

Grade 10 - HPE

Major Unit	Statement of Inquiry	Topics / Content
Team sports	Team members must work together to develop interconnected, responsive movement patterns to maintain positional balance.	<ul style="list-style-type: none"> What makes an effective system of communication during game play? Can you acquire the skills necessary to contribute to a team or are they innate? What are the most efficient strategies for building highly collaborative teams?
Game creation	Using creativity to adapt games helps to understand form and function when developing new games.	<ul style="list-style-type: none"> Do different games and sports share a similar history or starting point? What are the challenges of creating a game in a group? Why do the rules of games and sports change over time?
Teach a sport	Teaching and communicating the	<ul style="list-style-type: none"> Are fundamental skills similar across different

	<p>form and function of fundamental skills from a specific sport helps to deepen our own understanding of these skills.</p>	<p>sports?</p> <ul style="list-style-type: none"> • How do you teach someone to apply fundamental skills to gameplay? • Is choosing which fundamental skills of specific sport are debatable?
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Yoga - Grade 11 and 12

Alto offers yoga classes to students in the IB diploma program.

Athletics Program

The after school sports program emphasizes sportsmanship and team spirit and all middle and high school students are encouraged to participate throughout the school year. Alto's growing middle and high school athletics program includes basketball (boys and girls), cross country (boys and girls), soccer (coed), tennis (coed), and volleyball (girls).